



The  
**Informed Prostate Cancer Support Group, Inc.**

P.O. Box 7033  
San Diego, California 92167

Lyle LaRosh, President, (619) 892-3888  
Victor Reed, V. P., (619) 479-3720  
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## ***NEWSLETTER***

### ***August 2007***

Next meeting:

**Saturday, August 18, 2007 10:00AM to 12:00PM**

at the Ascension Lutheran Church,  
5106 Zion Avenue, San Diego, California  
(2 Blocks West of Waring Road - Ample Parking)

Our Group is a Source of Information for a High Quality of Life. We urge you to call one of our group leaders BEFORE making any treatment decisions. We frequently learn that men who are newly diagnosed with PC are overwhelmed by the frightening magnitude of their condition. They opt for immediate resolution of their disease, which usually ends up with surgery, radiation, or other invasive treatment. Our experience tells us that PC is a slow growing disease, which can be controlled by other means. Hence, we advocate getting a second opinion, preferably from an Oncologist who specializes in PC. This is why we recommend asking us for more information before deciding on a method of treatment.

#### ***Program For August***

This month we will show the movie "The Men's Club" by Rocky Galgano. Several of our members are featured in the film, and it gives a good accounting of the various treatments available. It is also a message of hope to all men.

#### ***Future Programs***

In September: we are hoping to have a speaker from the Cancer Institute.

In October we will move our meetings to the John Moore's Cancer Center Auditorium, 3855 Health Sciences Drive, La Jolla, CA 92093. They are offering their facilities as a community outreach, thanks to Kevin T. Murphy, MD, Chief, Stereotactic Radiosurgery Service, and we will have full use of the facility and will not be restricted by any conventional medical concepts. This move is evidence of the respect our group has gained in our community. For October we plan a featured speaker followed by a catered luncheon. More details will be forthcoming.

## *July Meeting Report*

Dr. Israel Barken of PC-REF spoke to us on Noscapine. It is an over-the-counter medication developed in Israel, and is not available in the USA. Noscapine has been used for many decades as a cough suppressant, but showed evidence as a revolutionary therapy for Prostate Cancer when it was “re-discovered” in 1997. It has been used by some physicians since then as an off label drug for cancer. PC-REF has funded research into its effectiveness in PCa and is continuing efforts to encourage academic institutions to conduct human trials. He is also striving to have government agencies make this over-the-counter medication available to prostate cancer patients in the U.S.

He also explained briefly about the Medical Smart Chart service which tracks an individual's medical history and its application to statistical research to benefit the wider PCa community. The individual can contact the PC-REF website and enter pertinent data into its data base.

Dr. Barken brought some audio CDs of previously recorded “Ask Dr. Barken Call-In Shows” with Dr. Sartor, Dr. Slovin, Dr. Krongrad, Dr. Bahn, etc. and distributed them to the audience.

## *Special Announcements*

The Prostate Cancer Research Institute is holding a conference in September in LA, and we encourage all members to attend. Special e-mail announcements have been sent. Call Carlos at 858-278-9825 if you would like to attend.

We are encouraging our members to visit Dr. Mark Sholz or Dr. Richard Lam for a color Doppler scan of your Prostate. This scan will provide a more accurate analysis of your disease and can lead to proper treatment. Both Doctors are located at Healing Touch Oncology, 4676 Admiralty Way, #101. Marina del Rey, CA 90292 and can be reached at **310-827-7707** or by Email: [mark@prost8cancer.com](mailto:mark@prost8cancer.com). (Use Lyle LaRosh as your reference.)

We also recommend that you get monthly PSA exams (making sure that you have not had any activities that would give a false positive). Also, get a second opinion on your biopsy slides. We recommend that you send them to Dr. Richard Safrin, Alvarado Medical Center, 6655 Alvarado Road, San Diego CA 92120, at 619-287-3270, using Lyle LaRosh as your reference.

Dr. Leibowitz' research on Testosterone Replacement can be helpful to those who have been on Hormone Blockade. For more information contact Dr. Leibowitz's website at [www.compassionateoncology.org](http://www.compassionateoncology.org).

Dr. Mark Sholz is the new Executive Director of PCRI. For further information call 800-641-PCRI or contact their Website at [www.prostate-cancer.org](http://www.prostate-cancer.org).

You can get up-to-date info about PC from the Prostate Cancer Foundation at its website [www.prostatecancerfoundation.org/site/](http://www.prostatecancerfoundation.org/site/).

The Prostate Cancer Communication, published by PAACT, the Patient Advocate for Advanced Cancer Treatments, provides up-to-date information on treatment for Prostate Cancer. You can subscribe by calling them at 616-453-1477 or by e-mail at [paact@paactusa.org](mailto:paact@paactusa.org) for an application. A recent issue contains a column by Dr. Bruce West of Health Alert, in which he declares that PC is a Systemic Disease, and that “any local treatment, alone, is inadequate”.

Dr. Mark Scholz recommends that prostate cancer patients all get quantitative bone density tests. You need a prescription and a note from your physician to get a QCT bone density test. “Open Air MRI” has seven (7) locations in San Diego County. Their telephone number is 858-622-6464.

Lyle has negotiated a great deal on HEARING AIDS. If you visit Dietsch's Hearing Aid Center, 3952 - 30th St., SD, 92104 (North Park Area) PH 619-297-4145 or other location, 689 East Main St. (El Cajon) PH 619-579-8455 and mention either our Support Group or Lyle's name you can receive up to 40% discount on services and equipment. The Owner is Monica Dietsch.

The following was offered by Victor Reed, origination unknown.

**NEVER HEARD CREATION EXPLAINED THIS WAY BEFORE!!!**

In the beginning, God created the Heavens and the Earth and populated the Earth with broccoli, cauliflower and spinach, green and yellow and red vegetables of all kinds, so Man and Woman would live long and healthy lives.

Then using God's great gifts, Satan created Ben and Jerry's Ice Cream and Krispy Creme Donuts. And Satan said, "You want chocolate with that?" And Man said, "Yes!" and Woman said, "And as long as you're at it, add some sprinkles." And they gained 10 pounds. And Satan smiled.

And God created the healthful yogurt that Woman might keep the figure that Man found so fair. And Satan brought forth white flour from the wheat and sugar from the cane and combined them. And Woman went from size 6 to size 14.

So God said, "Try my fresh green salad." And Satan presented Thousand-Island Dressing, buttery croutons and garlic toast on the side. And Man and Woman unfastened their belts following the repast.

God then said, "I have sent you heart healthy vegetables, and olive oil in which to cook them." And Satan brought forth deep fried fish and chicken-fried steak so big it needed its own platter. And Man gained more weight and his cholesterol went through the roof.

God then created a light, fluffy white cake, named it "Angel Food Cake," and said, "It is good." Satan then created chocolate cake and named it "Devil's Food."

God then brought forth running shoes so that His children might lose those extra pounds. And Satan gave cable TV with a remote control so Man would not have to toil changing the channels. And Man and Woman laughed and cried before the flickering blue light and gained pounds.

Then God brought forth the potato, naturally low in fat and brimming with nutrition. And Satan peeled off the healthful skin and sliced the starchy center into chips and deep-fried them. And Man gained pounds.

God then gave lean beef so that Man might consume fewer calories and still satisfy his appetite. And Satan created McDonald's and its 99-cent double cheeseburger. Then said, "You want fries with that?" And Man replied, "Yes! And super size them!" And Satan said, "It is good." And Man went into cardiac arrest.

God sighed and created quadruple bypass surgery. **Then Satan created HMOs.**  
*(You must see SiCKO, Roger Moore's film on our health care system!)*

### ***Finances***

We want to thank those of you who have made special donations to IPCSG. Remember that your gifts are tax deductible because we are a 501(c)(3) non-profit organization. We again are reminding our members and friends to consider giving a large financial contribution to the IPCSG. This can include estate giving as well as giving in memory of a loved one. We need your support. We will, in turn, make contributions from our group to Prostate Cancer researchers and other groups as appropriate for a non-profit organization. Our group ID number is 54-2141691. Corporate donors welcome!

The following is a reprint of a report from the Prostate Cancer Foundation, 1250 Fourth St, Santa Monica, CA. 90401. It should be read by every PC patient.

### **New Genetic Test Pinpoints Deadliest Prostate Cancers**

*Scientists have found a genetic variation within tumor cells that can signal whether a patient has a*

*particularly deadly form of prostate cancer*

By Ben Hirschler

**MONDAY, July 16 (Reuters) - Scientists have found a new way to identify a particularly deadly form of prostate cancer in a breakthrough that could save tens of thousands of men from undergoing unnecessary surgery each year.**

**In contrast to many cancers, only certain prostate tumors require treatment. Many are slow-growing and pose little threat to health. But separating the "tigers" from the "pussycats" -- as oncologists dub them -- is tricky.**

**Now that is set to change with research published on Monday showing how a genetic variation within tumor cells can signal if a patient has a potentially fatal form of the disease.**

**"This will provide an extra degree of certainty as to whether a cancer is going to be aggressive or indolent, and that's really what we want to know," Colin Cooper, professor of molecular biology at Britain's Institute of Cancer Research, told Reuters.**

**"Many people get treated radically but probably two thirds of them never needed treating," he added.**

**Radical prostate surgery often causes debilitating side effects such as impotence and incontinence, so any system that minimizes treatment would be a major boon to quality of life.**

**Cooper, who worked with Jack Cuzick at the Wolfson Institute of Preventive Medicine on the new genetic marker, explained in a paper in the journal *Oncogene* how a particular genetic change could affect survival rates dramatically.**

**Researchers knew that prostate cancers commonly contain [a fusion of the TMPRSS2 and ERG genes](#), but the new study found that in 6.6 percent of cases this fusion was doubled up, creating a deadly alteration known as 2+Edel.**

**Patients with 2+Edel have only a 25-percent 8-year survival rate, compared with 90-percent among men with no alterations in this region of DNA. "If you get two copies it's really bad news," Cooper said.**

**Exactly how the duplication makes tumors more aggressive is not clear, though Cooper speculates it could result in higher expression of proteins needed to drive tumor growth or be a more general indicator of genome instability.**

**Whatever the mechanism, 2+Edel is a clear-cut marker for risk that Cooper hopes will soon be used alongside existing techniques at the time of diagnosis to decide whether men require treatment.**

**Currently, a system called the Gleason score is used to grade which cancers require treatment and which do not, but it is subject to variability in interpretation.**

**Doctors also use prostate-specific antigen (PSA) tests to screen for early signs of prostate problems, though this test is not always a reliable indicator of cancer risk.**

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## ***Announcements***

**You are invited to visit our web-site at [www.ipcsg.org](http://www.ipcsg.org). You will be able to link to the latest studies in all aspects of Prostate Cancer. We also have developed a brochure which provides the group philosophy and explains important treatment considerations and health habits. Copies may be obtained at our meetings**

**Member Gene Van Vleet is working on research grants on the effectiveness of the various Prostate Cancer treatments used by our members. To**

assist Gene in applying for these grants he would like to attach testimonial letters from members who have benefited from their involvement with IPCSG. Please e-mail to [v2@san.rr.com](mailto:v2@san.rr.com) or [gene@ipcsq.org](mailto:gene@ipcsq.org). His phone # is 619-316-3354. He has also placed ads about our group in the local newspaper and in the PennySaver. Watch for them.

Members or persons may call our president, Lyle La Rosh, at 619-892-3888 with questions about Prostate Cancer. Members with newsletter material may call the Editor, Carlos Richardson, at 858-278-9825, or at [carlos@ipcsq.org](mailto:carlos@ipcsq.org).

Please notify Bill Geideck, at 619-475-3433 if you have an e-mail address or a change to your e-mail address. If you receive the Newsletter by Postal Service we need to know if you change your mailing address (we have to pay for mail returned because of a wrong address). We are spending over \$200 each month on US Postal Service mailings, so let us know if we can switch you to e-mail. **IF YOU DO NOT HAVE A COMPUTER YOU CAN GET OUR NEWSLETTER BY EMAIL (SAVING US POSTAGE COSTS) BY GOING TO YOUR NEIGHBORHOOD PUBLIC LIBRARY AND ASKING FOR COMPUTER TIME.** It's easy, the librarian will help you, just use the computer to sign you up with Yahoo using your own ID name and a secret password. Then let us know your ID (send an e-mail to Bill Geideck at [bill@ipcsq.org](mailto:bill@ipcsq.org)) and we will send our Newsletter and anything else by email, and the next time you are in the Library you can log in to Yahoo and read your mail, or check our web-site! It will cut our expenses significantly and **WON'T COST YOU A PENNY.**

After our Saturday meeting we gather at the SOUPLANTATION, at 6171 Mission Gorge Road, to continue our discussions over a healthy luncheon, all are invited to join with us.

Our Steering Committee meets for lunch at Baci's restaurant (preferred) at noon on the first Tuesday of each month. All members are welcome! Please call Lyle La Rosh at 619-892-3888, to make reservations and to verify location.

More PC info: The Prostate Cancer Research Foundation (PC-Ref) meets on the 2<sup>nd</sup> Saturday of each month at Alvarado Hospital, 6655 Alvarado Rd. They start at 10:00 AM for newcomers and at 11: AM for every one. Check website [www.pcref.org](http://www.pcref.org).

## ***OUR MISSION***

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The original and most valuable activity of the INFORMED PROSTATE CANCER SUPPORT GROUP is "networking" with fellow patients. We share our experiences, information, and attitudes, and we offer our support to men recently diagnosed---as well as survivors at any stage. Networking is sharing oneself with others for the good of us all. All aspects of prostate cancer are "controversial". But by sharing our knowledge and experiences we learn the best and latest treatments for survival of this disease. So bring your significant other, and your input, and join us.

If you no longer wish to receive this newsletter, please write to: IPCSG, P.O. Box 7033, San Diego, CA, 92167, or call Tim Glinatsis at 619-398-5445. E-mail subscribers can click on the unsubscribe link at the bottom of the email cover to this Newsletter. Please include your reason for removal, for our records.